

ZONES Coaches Meeting

2016

- Coach certification
 - If you are not on the certified coaches list, then you will not be allowed on deck. There is no exception to this. We recommend that you double check your certifications and those of your assistant coaches and bring that proof with you.
- Deck Safety, Access and Flow
 - See attached diagram.
 - This pool has several access points to the deck. Access however is limited to athletes, coaches, and meet workers with the provided lanyards or other designation.
 - Parents are not allowed on deck.
 - To facilitate safe and efficient use of the deck space, we will designate “one way” traffic after the close of warm ups. The flow will be counterclockwise. Swimmers reporting for their event will enter the deck by the shallow end of the pool and then be held in a bull pen located behind the diving boards and released to the blocks from there. After their race, swimmers are asked to exit the pool and go left (away from the diving boards/bull pen area). If your swimmer is to come talk with you after the race, he or she needs to follow this flow and go to you that way. For our relays, we will line up the relays in the bull pen. The volunteers there will stretch out the relays and release the swimmers to the blocks from there.
 - The bull pen is a staging area to facilitate the access and to minimize crowding behind the blocks. It is not a “clerk of course.” The volunteers in the bull pen will not be checking names of swimmers.
 - This is all designed to make the deck more manageable for everyone.

- Warm up/warm down pool
 - The warm up/warm down pool will be open during the competition. No diving. Please enter feet first, with one hand on deck, throughout the entire meet.
- Blocks
 - The blocks at the facility are equipped with fins or wedges. Swimmers may adjust those forward or back. Swimmers are permitted to remove the wedges if they wish. Timers and officials may be nearby but assisting with this is not their primary duty and they may not be able to help. If your swimmer wishes to adjust or remove the wedge, make sure that he or she can competently do it solo.
- Just for coaches
 - Heat sheets will be available for you at Coaches Registration in the gym.
 - Hospitality will be provided for you and for meet workers in the wrestling room, off the gym.
- Officiating
 - With the large number of teams, we will not attempt to find coaches to inform about a DQ. After the meet referee accepts a DQ, the announcer will call for a coach from your Y to report to the announcer's table. DQs will show on the results. Lack of notice of a DQ is not grounds to overturn it.
 - If you desire to discuss the observed infraction, please see the meet referee. Judgment decisions by the meet referee are final and cannot be the subject of a protest.
 - The Meet Committee for this meet consists of the members of the Zone Committee present.
 - No taping of any kind is allowed unless it has PRIOR approval of the meet referee. USA Swimming does not allow kinesio tape even with doctor's note.

- We will ask the starters to call out an empty lane by number before the start; if a swimmer misses his/her swim, we will not insert the swimmer into another heat unless the deck referee determines the cause was due to an administrative problem. There is no penalty for a missed swim.
- We will ask timers to check names of swimmers and help police their lanes. Remind your swimmers of their responsibilities - allowing sufficient time to report to their assigned lane and heat for each event.
- We will use fly over starts . Please remind your swimmers of this. When they finish their race, they should stay in the water, against the wall and close to a lane line. As soon as the next heat is sent, the swimmers may exit.
- Initial splits - if you want a time from either a relay lead off or an initial distance from an individual event, obtain a split request form from the admin table. You can rely on the pad, but you may want to have three watches on the lane in case. You must provide your own watches and timers. After the race, show your 3 watches (before clearing) to the Meet Referee who will record it on the form. Remember, when there is a pad, your watch times may not control over pad.

THANK YOU